

Post-Traumatic Growth Inventory

Applicant Information:

- Full Name: _____
- Date of Completion: _____
- Contact Information: _____

Facilitator/Test Giver Information:

- Name: _____
 - Position/Title: _____
 - Affiliated Organization/Institution (if any): _____
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Introduction: Post-traumatic growth is not just about moving on. It is about moving forward with a refined perspective, deeper understanding, and renewed purpose. This inventory is designed to guide you through a reflective process, helping you recognize the areas of growth and areas that may require nurturing.

Scoring Guide: For each statement, kindly reflect on your current state and specify the degree of change that has occurred in your life. Utilize the scale: 1 = minimal/not important 7 = maximum/very important

Rating	Statement
	1. I perceive beauty in ordinary moments that I might have previously overlooked.
	2. My emotions and feelings have become a guiding compass in my life's journey.
	3. Past challenges have become pillars of my strength.
	4. The time with my loved ones has become sacred and invaluable.
	5. I've learned to create healthy boundaries, preserving my inner peace.
	6. Self-reflection and self-awareness are now integral parts of my life.
	7. Personal growth and enlightenment are now top priorities.
	8. Mental well-being is not just a concept; it's a daily practice for me.
	9. In every challenge, I seek the lesson and potential for growth.
	10. Resilience has become my silent companion, guiding me through life's storms.
	11. Life's unpredictability has taught me to find stability within.

Total Score: _____

Insight into PTG Categories: Your responses above can be mapped to broader themes of post-traumatic growth. Reflect upon your scores and see which categories resonate the most with you:

PTG Categories	Associated Questions
Appreciation of Life	4, 7, 9, 10, 20
Renewed Relationships with Others	1, 3, 5, 6
New Possibilities	8, 11, 12, 13, 14
Personal Strength	15, 16, 17, 18, 19
Spiritual Change	2, 22, 23, 24, 25
Enhanced Resilience	26, 27, 28, 29, 30

Deep Dive & Action Points: Reflect on the areas where you've scored less. What could be the underlying reasons? And how can you transform them into strengths?

Areas Seeking More Growth	Potential Strategies for Enhancement

Nurturing Your Growth: For statements where you've scored 5 or above, take a moment to acknowledge your progress. How have these areas of growth manifested in your daily life?

Growth Milestones Achieved	Impact and Manifestation in Daily Life

Final Thoughts & Reflections:

Embracing post-traumatic growth is about acknowledging the storms you've weathered and celebrating the rainbow that follows. It's an ongoing journey of introspection, resilience, and transformation. As you continue on this path, remember to seek support, be patient with yourself, and cherish the insights gained along the way.

Source: "The PTSD Workbook" by Tijana Mandic, Ph.D.,